FRANKLIN D. RAGLAND IN NAVAL EXERCISES

FEB. 27 - Navy Master Chief Signalman Franklin D. Ragland, son of Mattie B. Ragland, of Rt. 1, Appomattox, Va., recently participated in the combined naval exercises "National Week XXIV" and "Sardinia 78" in the Mediterranean Sea.

He is serving as a member of the staff of Commander, Amphibious Squadron 8, based in Norfolk, Va.

These multi-national maneuvers began in the Ionian Sea with "National Week XXIV." Elements of the U. S. Sixth Fleet joined units from Italy, Germany, Canada and the United Kingdom for simulated combat operations, emphasizing antisubmarine and air defense, amphibious warfare and logistic support at sea.

"National Week" supported "Sardinia 78," an amphibious landing exercise in southern Sardinia, conducted by the Italian Navy and Marines, along with Spanish and U. S. Navy and Marine units. Additional participants included German, British, Canadian and Italian Air Forces, plus Italian, Spanish and U. S. surface ships and submarines.

"National Week" and "Sardinia 78" were merged to further develop coordination and teamwork required for successful multi-national operations.

Ragland joined the Navy in July 1952.

CPR CLASS TO BE GIVEN AT DARLINGTON HEIGHTS

A CPR And Basic Life Support Class will be taught Monday and Tuesday, March 6 and 7, at 7 p.m. both nights at the Darlington Heights Fire Department.

This is a class for all interested people or Fire Department members in the Darlington Heights area. All persons are invited to attend.

Two certified instructors will be on hand to teach the class.

CONCORD GARDEN CLUB

The Concord Garden Club met for its February meeting in the home of Mrs. Charles F. Jones with Mrs. R. N. LaChapelle as her co-hostess. Fourteen members and three guests were present. The guests being Mrs. L. N. Garrette of Concord, Mrs. Louise Graf of Long Island, N.Y. and Mrs. Benny Rogers of Brookneal.

Mrs. Jones read as devotions inspiring selections from the official publications of the Virginia Federation of Garden Clubs, "Old Dominion Gardener."

Mrs. Charles Graf reported to the group some events coming up that might prove interesting: Southern Living in Charlotte, N.C., Feb. 25 - Mar. 5 - fee $3.00; Woodrow Wilson Tour in Staunton, Va. - March 15 through May 30 - daily - 9 a.m. to 8 p.m. - fee $25.00 and this summer there will be a special time the adults (the whole family) will be privileged to spend a time (during the month of June at Nature Camp which is run by The Garden Club of Virginia, in Vesuvius, Va.

Mrs. Benny Rogers and Mrs. Charles F. Jones presented to the club most interesting information and demonstration on "Oriental Styles" in arrangements "with emphasis on simplicity". Mrs. Rogers is of the Red Hill Garden Club.

There was an Exchange of House Plants - an annual event of this club. Judges' decisions on exhibits of the day: "Be My Valentine" - Blue - Mrs. J. W. Pratt; Jade - Blue - Mrs. J. W. Pratt; New Prayer Plant - Blue - Mrs. j. F. MacKenzie; Philodendron (Crowfoot) - Blue - Mrs. J. F. MacKenzie.

The next meeting is to be March 13 - the subject is to be "Year Round Color in Shrubs."

Mrs. Christine G. MacKenzie, Reporter

RUBBER STAMPS & STAMP PADS - Excellent Service - Excellent Prices - Phone 352-8215. THE TIMES-VIRGINIAN.

Revised School Calendar For 1977-78

Lloyd G. Walton, Division Superintendent of Appomattox County Schools, has released a revised School Calendar for 1977-78.

The revised school division calendar includes the following changes:

1. **March 3rd as a regular school day and March 4th as a workday for teachers**
2. **March 24th and 27th for Easter Holidays and regular school for March 28th through 31st.**
3. **June 5th through 9th as regular school days.**
4. **Workdays for teachers on June 10th and 12th.**

Revised Calendar
Easter - Close Thursday p.m.,

March 23 - Open Tuesday a.m., March 28
Last day of school - June 9, 1978
Workdays for teachers
Sat., Mar. 4, 1978 - 9 a.m. - 12 noon
Saturday, June 10, 1978
Monday, June 12, 1978
End of Six-Weeks Marking Periods
March 16, 1978 [30 days]
April 28, 1978 [30 days]
June 9, 1978 [29 days]
Any additional days lost because of inclement weather will be made up on Saturdays.

Appomattox Senior Center Starting On New Project

The members of the Appomattox Senior Dining Center are starting on a new project during the month of March. The group will be fixing small Easter baskets for each of the nine home-bound people that the Dining Center serves. The baskets will contain some fruit, othr nutritious snacks, and spring decorations.

On March 14 and 15 the seniors from the Dining Center will visit each of the nine homes and present short Easter program, as well as delivering baskets.

During the winter months, the ladies of the Dining Center completed 15 lap robes for the patients at the nursing home in Spout Spring.

The Dining Center, sponsored by the Central Virginia COmmission on Aging, is open Tuesdays through Fridays from 10:30 a.m. to 1:30 p.m. A hot meal is served and people 60 and over participate in various programs and activities, and service projects. For further information contact Mrs. Nell Drinkard at 352-7377 or call the Center at 352-7820.

FARMERS NATIONAL BANK'S CASHIER WILLIAM A. HUNTER presented plaques to Breeders of the High Performing Bulls at the Red House Bull Evaluation Center last Saturday.

Bill Hodge, Manager, Irvington Farms, Gaithersburg, Md., is shown receiving the plaque for lot 58. This Junior bull weighed 530 pounds at weaning with no creep feed and 1047 at a year of age. The bulls 140 day feed test ratio was 133 and his 365 day ratio was 114.

James Bennett, owner of Knoll Crest Farm, received two plaques - - for the top performing Polled Hereford Bull and the High Performing Bull group. Lot 256 weighed 580 at weaning on a creep ration and 1103 at 365 days. His 140 day feed test ratio was 120 and ratio 117 for 365 days.

Details of sale results will appear in next week's South 40.

SUNDAY SCHOOL 10:00 A.M.
MORNING WORSHIP 11:00 A.M.
YOUTH RALLY 6:45 P.M.
EVENING WORSHIP 7:30 P.M.
PRAYER MEETING 7:30 P.M.

PURITAN PULPIT 9:00 A.M. DAILY

This Sunday's Sermon: "BEULAH LAND"

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We're Moving!
Wings Custom Cycle Shop is moving to their new location March 1st, in Prospect, Va. (next to the Pool Room on Rt. 608, just off U. S. 460). We invite our many friends and customers to visit us in our new location.
We specialize in tune-ups, frame work, custom painting, parts and leather can't. See us first for all your cycle or leather craft needs.
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Won't you help send an Appomattox County Youth to Camp Easter Seal for a four-week speech therapy session this summer?
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HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Demonstration and Illustrated Talk time is fast approaching. 4-H'ers may present demonstrations or illustrated talks on any subject relating to one of their projects. 4-H'ers may learn how to organize and present topics ranging from "How to Make a Milk Shake" to "Preparing Your Calf for the Show." There are many good demonstration or illustrated talk topics in every 4-H project guide.

• • •

Several new 4-H projects are now ready for distribution to members. For 4-H'ers with dog care projects there are two new guides called "The Care of Dogs and Puppies" and "Training Your Dog for Family Living." We should have copies of these in the Extension Office by the middle of March.

"Food Industry - Dare to Discover" is the title of a new project for senior 4-H'ers with an interest in foods. This project deals with learning about the various food processing techniques used by industry.

• • •

The Oakville Ruritan Club will once again sponsor the 4-H Wildlife Feed Patch Contest. Please make sure you sign up for this program early so we can get your seed for you. The feed patch seed is provided by the Virginia Commission of Game and Inland Fisheries. Sign up deadline is March 17.

• • •

Pine Seedlings ordered by 4-H'ers earlier in the year should be arriving about the end of March. 4-H'ers may also order pine seedlings through a special program sponsored by WestvaCo office in Appomattox and see Mr. Andy Dreser for details about the program.

• • •

Over 150 members took part in 4-H Public Speaking this year. Special appreciation is extended to all the parents, teachers and others who assisted with the 4-H Public Speaking Program and made it a big success.

• • •

4-H'ers of the Week: Those members participating in the County Public Speaking Contest last night (Wednesday). Congratulations!

PAMPLIN

Mrs. Robert Harris returned home last Tuesday after a visit with relatives and friends in Fort Myers, Fla.

Mr. B. G. Richardson, Mr. Robert Hancock, Mr. Wesley Hamlet and Mr. James Davis, Jr. attended the 500 race at Daytona Beach, Fla, last Sunday.

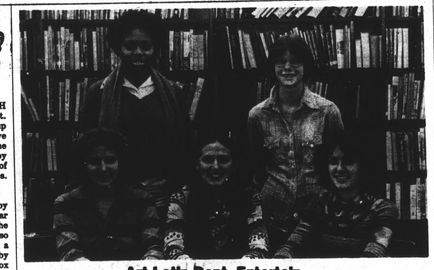
Rev. W. M. Trimyer, of Newport News, was a supply pastor at Elon Baptist Church last Sunday.

Visitors in the home of Mr. and Mrs. Horace Coleman last week were their children, Mr. and Mrs. Edward Coleman and daughter, Mr. and Mrs. Spencer Coleman, Spencer, Jr. and Randy, of Norfolk. They celebrated the second birthday of their granddaughter.

Mrs. Emmett Tolbert is a patient at Southside Hospital, Farmville.

Dr. and Mrs. Loal Moore and family, of Washington, N.C., visited her parents, Mr. and Mrs. James Richardson last week end.

We are happy to have Mr. Ed Davis home again after undergoing surgery at St. Luke's Hospital, Richmond.



Art-Latin Dept. Entertain

In spite of the snow, on February 16, the Art and Latin Departments of Appomattox County High School entertained at the two nursing homes in Spout Spring.

As a special project, Valentines were made by the two departments, giving the students an opportunity to be creative in Art and Latin.

The students also made cookies and cakes and carried them to the 44 people in the home. Also, they were given small gifts.

Ricky Mitchell, the chaplain of the Latin Club, was in charge of having the program. The members of the Art and Latin Clubs who sponsored the projects are Bessie Hash, Joan Williams, Judy Zimmerman, Sandra Ferguson, Ara Haskins, Laurie McLean, Lisa Moore and Ricky Mitchell. The sponsors of the two clubs are Mrs. Wendy Richardson and Miss Claudine O'Brien. Not shown in photo are Bessie Hash, Joan Williams and Ricky Mitchell.

BECKHAM

FEB. 27 - Mrs. Fleming Drinkard, Miss Jackie Cobbs and Mrs. S. G. Martin spent last week end with David Drinkard and Ronnie Morris in Atlanta, Ga., where they are attending Emory University.

Miss Eunice Martin is on the sick list. Visting her over the week end were Mr. and Mrs. L. E. Martin, Mr. and Mrs. Winston Martin, Mr. R. B. Martin, Mr. Thomas T. Martin, Mrs. Mary Campbell, Mrs. Jessie Campbell, Mr. and Mrs. John Moore, Mr. and Mrs. Alfred Martin, Mr. and Mrs. Edgar Tuck, Mrs. Gertrude Burge, Mr. and Mrs. Charles Martin and Mrs. S. G. Martin, Mr. and Mrs. Abner Martin, of Richmond are spending several days. Mr. David Martin spent Friday night.

E. W. Martin spent the week end with Mr. and Mrs. L. E. Martin.

Supper guests of Mr. and Mrs. L. E. Martin on Friday honoring Mr. L. E. Martin on his birthday were Mr. and Mrs. Gibbs Martin. Mrs. Gertrude Burge, Mrs. Judy Jamerson, Shannon Jamerson, Ricky Burge, Mrs. Charles Tweedy, Michelle and Tracy Tweedy, Mrs. Sonny Carter, Karen Carter, Crystal Carter, Fleming Moore, Kevin Moore, Mrs. Geraldine Moore, Gwen Moore and E. W. Martin.

Sunday dinner guests of Mr. and Mrs. Gibbs Martin were A. C., Michael and Edward Martin, Mr. A. C. Martin was supper guest. Mrs. A. C. Martin visited in this home.

Mr. and Mrs. Larry Stallings and girls, of Bellvidere, N.C., spent the week end with Mr. and Mrs. Alfred Moore and Timmy Moore. Visiting in this home Sunday afternoon were Mrs. H. C. Moore, Mr. and Mrs. Tom Schmutz and family and Michael Henderson.

Edward Moore was honored with a birthday party Sunday evening at his home. Present were his family, Mrs. H. C. Moore, Mr. Robert Morris and Melanie Morris.

There was good attendance at Trinity Church Sunday morning, with the pastor Rev. Jim Becker, conducting the morning worship service. We were glad to have visiting with us Rev. and Mrs. Fred Davidson.

Michael Henderson is visiting his grandparents, Mr. and Mrs. John Moore. Mr. and Mrs. Jimmy Moore also visited in this home.

Eating Well

XYLITOL AND DENTAL CARIES

Researchers have found that Xylitol, a natural sugar found in small amounts in raspberries, strawberries, and other fruits and vegetables, can be added to foods as a substitute for sugar. Xylitol is similar to sugar in sweetness and caloric or energy value. Research studies conducted in Finland have shown that when Xylitol is used in the diet as a substitute for sugar, it does not promote tooth decay. In fact when Xylitol is used in chewing gum it actually decreases the amount of plaque formation and may help to prevent dental caries.

Some of the European countries use Xylitol as a sweetener for diabetics because it does not require insulin for its metabolism. At present it appears that Xylitol may become a very important substitute for sugar, particularly for diabetics.

Currently Xylitol is used as a sweetener in some chewing gum and other products in the United States. Its usefulness as a general sweetener may be limited because at present it is under investigation because of a possible link with cancer.

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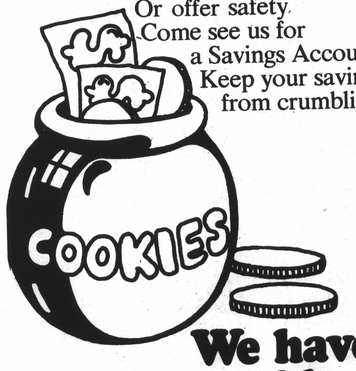

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